



IREDELL MEMORIAL HOSPITAL announced the following births:

Camiel Monae Sturghill, daughter of Carlos Sturghill and Leslie Imes, Nov. 19.

Megan Virginia McGlamery, daughter of Shannon and Stacy McGlamery, Nov. 20.

Laci Macayla Baker, daughter of Chris Baker and Tamara Lancaster, Nov. 21.

Mason Glenn Hartness, son of Jason Hartness and Melissa Davis, Nov. 21.

Victoria Madison Gordon, daughter of Thomas Gordon and Heather Helms, Nov. 22.

Tavaris Jonai Thomas, son of John Boller and Traci Thomas, Nov. 24.

Kristina Dawn Moore, daughter of Kevin and Melissa Moore, Nov. 24.

Heaven Leigh Jones, daughter of Charlie and Heidi Jones, Nov. 24.

Neika Anyce Peterson, daughter of Antwan and Toshua Peterson, Nov. 24.

Kaitlyn MacKenzie Stikeleather, daughter of Phillip and Laura Stikeleather, Nov. 25.

Clarissa Elaine Cauthen, daughter of Tony Cauthen and Clarissa Swift, Nov. 25.

Landon Dave Dancy, son of Jason and Crystal Dancy, Nov. 26.

Savannah Paige Furr, daughter of Bradley and Tina Furr, Nov. 27.

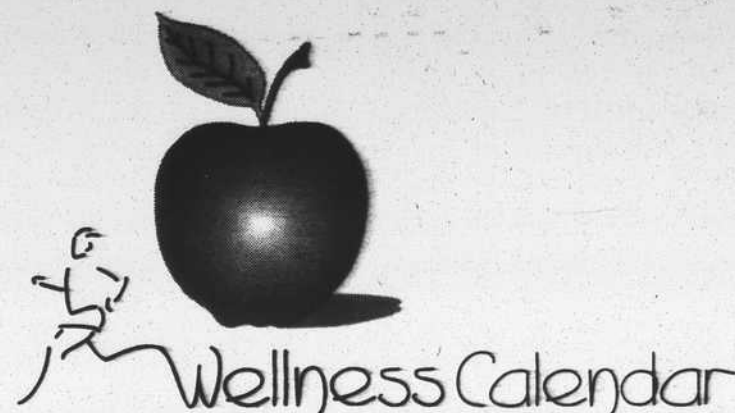
William Alexander Boggs, son of Kent and Meredith Boggs, Nov. 28.

## Concert Planned

A Language of the Heart Holiday Concert will be held to benefit United Way Thursday, Dec. 4, 7-8 p.m. at First Presbyterian Church of Statesville.

The concert features local youth talent and includes piano, vocals, clarinet and harp selections. The event is organized by McLain Mallory and Whitney Speaks and donations will be accepted to support United Way services. A reception follows the event.

# IREDELL MEMORIAL HOSPITAL'S



## Warm-up with This Winter Workout

Meet the community Wellness Team in the lower level of the YMCA (near the Pool) on Wesley Drive for a brisk winter jog. We will run the 8K course on **Monday, December 8 at 8:00 AM** and **Wednesday, December 10 at 4:00 PM**.

Group warm-up will begin each run and group stretch will conclude each run. What a better way to burn off holiday stress and calories from Christmas goodies?

Dress accordingly. Rain cancels. No registration is required. Call 704-878-4550 for more information.

## Cholesterol & Blood Sugar Screening

**December 12 • 7:30 - 9:00 AM**

Wellness Connection, YMCA, Wesley Drive

Call 704-878-4550 for an appointment

✓ **Lipid Screening** (including cholesterol, HDL, LDL, ratio and triglycerides) - \$10

✓ **Blood Sugar Screening** - No charge

**Appointments are required. Call 704-878-4550**

For accurate lipid screening results you must be fasting for 12 hours prior to the test (black coffee and water are okay). You do not need to fast for blood sugar screening. Information about results will be provided by "The Lipid Center," a service of James Rhyne, MD.

**NEXT REGULAR SCREENING JANUARY 9.**

## Holiday Wellness Packet

Available through December 23. The holiday packet will include Trukey Trivia, Healthy Holiday Recipes, 12 Days of Christmas Workout Plan, Relaxation tips, and car games for kids to keep them occupied during holiday travel. Call 704-878-4550 or e-mail wellness@imhcs.org to request a packet.

## The Birth Place

### Prospective Parents' Tour

Sunday, December 7 • 4:30 PM

Thursday, December 11 • 7:30 PM

### Sibling Tour

Thursday, December 11 • 4:00 PM

### Breastfeeding Class

Thursday, December 18 • 5:30 - 7:30 PM

Saturday, January 10 • 10:00 AM - 1:00 PM

### Breastfeeding Support Groups

Thursday, December 11 • 5:30 - 7:00 PM

Thursday, January 22 • 10:00 - 11:30 AM



To register for any of these classes, or for information about any of The Birth Place classes, special services or tours, call 704-878-4555.

## Living with Cancer

### A Support Group

Meets at Noon on the 4th Tuesday of each month in the 2 West Living Room at Iredell Memorial Hospital. For info call 704-878-4555 or 704-873-5661, ext 3414.



## Look Good...Feel Better®

A collaborative program with the American Cancer Society, the Cosmetic, Fragrance, and Toiletry Association, and the National Cosmetology Association. Licensed cosmetologists teach female cancer patients techniques to address the cosmetic side effects of treatment. Meets from 2:00 to 4:00 PM on the 4th Monday of every month at the Women's Breast Health Center, 735 Hartness Road. Call 704-878-4550 for information or to register. **NEXT: DECEMBER 22**

## Diabetes Center for Learning



Provides the following services at no charge. Call 704-878-4556 for details. Or FAX 704-878-4554.

### "Putting the Pieces Together"

\* Comprehensive outpatient diabetes education classes each month.

### "Back to Basics"

\* Three-hour outpatient basic diabetes class each month

### "Baby and Me" Diabetes and Pregnancy

\* Weekly outpatient diabetes and pregnancy classes

### "YdM"

\* Outpatient group classes for ages 11-18

### Insulin Pump Training

\* Physician referral required.

### "Sugar Stompers" Walking Program

\* Monday, Wednesday & Friday, 8:00 - 9:00 AM  
\* Signed MD consent required

### Ostomy Club

Quarterly meetings are held for patients with ostomies. Call 704-878-4567 for details.



American  
Diabetes  
Association

The Diabetes Center for Learning has been awarded recognition by American Diabetes Association in accordance with the National Standards for Diabetes Self-Management Education Programs.

## Prenatal & Postpartum Exercise Classes

Tuesdays and Thursdays, 5:30 PM

Classes are held at the Iredell County Health Department

## Prenatal Water Exercise Class

Mondays - Thursdays • 6:30 - 7:30 PM

Classes are held at the YMCA

## Newborn Care Class

Saturday, January 17 • 10:00 AM - Noon

## CPR/Car Seat Safety Class

Sunday, January 11 • 2:00 - 4:00 PM

**IREDELL MEMORIAL HOSPITAL'S  
Health Care System**

www.iredellmemorial.org

